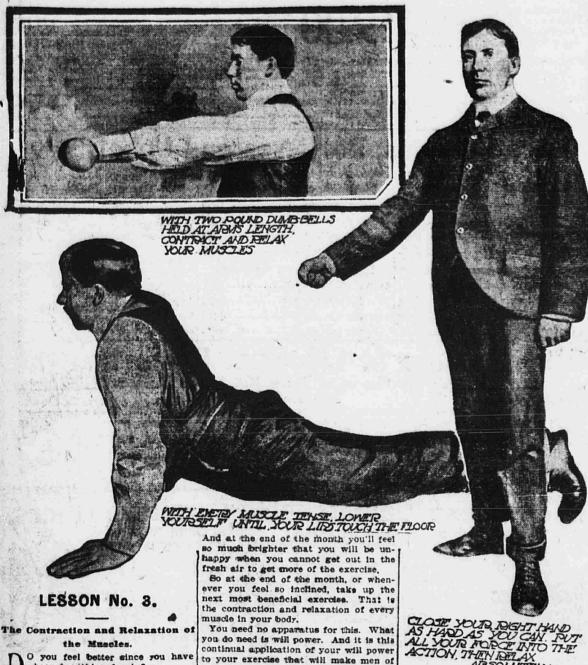
=WORLD'S == HOME == MAGAZINE.

MUSCLE-BUILDING FOR BUSY NEW YORKERS.

By James L. Frawley, Who Taught President Roosevelt to Box.

EXERCISES FOR THE MUSCLES.



been breathing deeply?
You should notice a difference in your general health for the better even after your first day's efforts at tion of every muscle in your body will it amounts to is the keeping of your require more of an effort than the deep muscles at a tense strain for a few secbreathing, but the benefits of the exercise are so readily apparent that you

So, unless you are otherwise disposed. eed not do anything else in the way of exercise for a month but this fact is the deep breathing will so inathing. That will give you crease your energy that you will want aversion to extra exertion of any kind. dissipate that surplus energy.

sible, at first for a second, then for as long a period as you can. Then open it relaxing it entirely, so that it falls helpless at your side. That is the whole ex roise so far as the hand is concerned,

tense as possible, and then relax the muscles. After you have done this twice you will note that every fibre and muscl n your hand and arm is tingling with the effort. And you'll find, too, that your whole arm is warm. That is because the effort has quickened the cir-culation of the blood. Now, if you practise this for a week you'll be amazed to find that your forearm particularly has become hard and that your grip is something to boast of.

In a few weeks your whole arm will have improved in appearance and trength. Men seemingly much more vigorous than you will not have your irmness of touch, your strength nor your gripping power. With this the application of your mind and will to your

Now, after a little practice you will naturally apply this exercise to all your muscles, and you will find yourself ouilding up your back muscles and your abdominal, neck, chest and leg muscles until you are as firm as a rock all over Do not imagine that this exercise, howver, is going to make large muscles It will not do that, but it will harden and make what muscle you have true as

arally while contracting your muscles. lumb-bells in your hands.

be very strong and in perfect condition pefore essaving it-is to extend yourself full length, as shown in illustration, and raise and lower yourself with your arms rom the floor to a position at arms' length. Do this but once, however. One more word to complete this exer-

being into play. So relax absolutely: collapse all over; fail to pieces. And and the deft fingers of Parisian workwhen you go to bed, again collapse all over and fall asleep when in that condi-

you eat a light lunch, stop both smok-

with every muscle in it as tense as pos-

Next extend the exercise to your right arm. Extending it at full length or let-

work will have had much to do.

when walking or when sitting at your desk, or when reading your paper, and felly in her capacious muff, the merno one will know anything about it. One thing, however, I must caution you about. Do not contract your muscles when you are holding your breath in to be tolerated. Truly, she would your deep-breathing exercise. That strain on your vitality. So breathe nat-Afterward, when you feel yourself in ondition, you can contract your muscles while holding a pair of two-pound Another good exercise-but you must

cise. You may not think so, but it

Now, if in addition to these exercises

ing and drinking whiskey, you will feel hidden under preserving tissue-paper, so much more bouyant and so much the ing and drinking whiskey, you will feel you'll regret you ever sacrificed yourself the woman to carry them off in triumph and white chantilly lace.

to any of these nerve-destroying agents, to deck the windows of her fashionable. The very newest hat, and probable

The emollient, sanative, antiseptic,

EASTER HATS BLOSSOM IN ZERO WEATHER.

Caterpillar Straw and Jet Spangles Will Be the Novelties for Spring Wear.



of the wholesale importing and millinery creeps at the very sight of the fuzzy are called barottes, and are very effectittle destroyers of leaf and petal should lve. The fertile brains of the great French be expected to wear unconcernedly a masters of millinery have decreed the hat which reproduces their hairy coats straw photographed for The Evening styles for the next spring and summer, with marvellous similitude. But they World by courtesy of Schiff & Company.

women have wrought them out. Now edict. the enterprising American milliner is hurrying to New York to select from the straw. In shape it is a large turban-The spring hat then is of caterpillar scores of beautiful creations which or- really a Du Barry turban, but with the trimming two exquisitely tinted French nament the tables of show-rooms or. tiresome fall of ribbon over the hair replaced by exquisite drooping flowers, so much more bouyant and so much the lie in the dark drawers which line the such as wisteria, the tiniest French rose better able to carry on your work that walls, impatiently waiting for some lit-

from a German publisher:

roses of palest pink placed on the crown,

wealthy and cultivated were taken his

A gentleman does not have a full wine without opening th

white satin about the brim cau A Du Barry turban of caterpillar front with a narrow gold buckle. Very lovely is a turban of palest will do it, neevriheless, at fashion's importers, is of a dull shade of tan brightened by interwoven Tuscan butacorns. This turban has for its sole

Green and white hops form their long green leaves and pendant ration of a novel hat of ca buds falling over the hair behind.

An effective turban of white tulle shows the new spangled trimming of jet arranged in a broad band of black net around the crown. It is trimmed with one of the straight white aigrettes which promise to be very fashionable.

A large flat hat of white tulle had for its sole trimming the all-over spangling of irregular jet shavings and a band of "burnt sugar" are much in favor.

review and give them away or sell the

WHAT A GENTLEMAN DOES NOT DO.

A gentleman does not give his daugh- A gentleman does not possess a box of

his hands.

THE following literary hints for the A gentleman does not cut be

FOR THE TERM OF HIS NATURAL LIFE, BY MARCUS CLARKE.

will continue it enthusiastically. The

to take up some more violent exercise to

Richard Devine, a young Englishman, leaving home, takes the name of "Rufus Dawes," is is unjustly suspected of murder and is transported to the penal settlement at Van Dieman's and "for the term of his natural life." The ransport ship is full of personers, unfer command of Cupt. Vickers and Richard's cousin, Jeut. Maurice Frere. With Vickers are his rife and his little daughter, Sylvis.

For alx years Dawes works in the chain gang with Mechanies and For six years Dawes works in the chain gang at MacQuarle Harbor. He then escapes and reaches a descrited settlement, where he finds that a gang of mutinging convicts have marouned Frere, Mrs. Vickers and Stivia, Dawes saves the party from starvation. Through Frere's duplicity he is again imprisoned. He escapes and files for refuge to Syivia, with whom he is in love. An Illness has blotted from her mind all recollection of him. A prison chapiain named North becomes interested in Dawes. He, too, has loved Syivia, and learers of Dawes's love for her

> CHAPTER IX. The Climax.

NE sultry afternoon, when the Com-mandant had gone on a visit of indoor of the New Prison, beheld with surprise the figure of the Commandant's "What is it, ma'am?" he asked, scarce

ly able to believe his eyes. 'I want to see the prisoner Dawes."

Thus commanded Troke, with a hasty growl, flung open the door of a cell on the right hand of the doorway. Upon the floor was placed an iron frame abo six feet long and two and a half feet wide, with round iron bars, placed trans versely, about twelve inches apart. The an she came to seek was bound in horizontal position upon this frame. He was apparently at the last gasp sight of his sufferings so unnerved

her that North, who was passing, was obliged to take her home. They en-tered the Commandant's house. A moment later Frere, who had heard the

vife. "What's this I hear? You have been meddling in my business! You re-

He turned upon her with so fiercely us a curse that North, pale with righteous rage, seemed prompted to strike the burly ruffian to the earth. For a moment the two men faced each other, and then Frere, muttering threats geance against each and all-con-

She fell heavily against the wall, and oof-strokes of the departing horse. "Oh," cried Sylvia, covering her face

suppliant woman violently from him and rushed from the room.

seeking. Fate has willed it. We go to-getner! I am salling for Hobart Town on the Ledy Franklin next week."

should sail the following week on the force. Lady Franklin for Hobart Town. The

a bottle of rrum to let him in.

"Did you thank her for me for saving ne from torture?"

His manner rather than his words re- ing ineffable love and pity were bent vealed his feelings toward Sylvia to upon her, and a pair of dripping arms Dawes in a flash. Dawes also took note held her above the brine as she ha

"You love her and you are going away which had so long oppressed her bra with her! You shall not! I love her, passed from it. She remembered all! too; but mine is the love that sacrifices in breaking down my one faith and en-

langering the one woman I ever loved!' "But"— protested North, brokenly.
"God forgive you!" said Rufus Dawes, had done with life. Together thus, along

"Speak!" cried North, "Speak, or the distinctions of the world they were you will make me mad. Reproach me! about to leave disappeared. Their vision Spurn me! Spit upon me! You cannot grew clear. They felt as beings whose think worse of me than I do myself." bodies had already perished, and as they But the other, his head buried in his clasped hands their freed souls, recoghands, did not answer except with a gesture North, in an agony of remorse, left the cell. As he passed out he noof a rum flask to such effect that he upon an object which floated on the ridor.

Rufus Dawes remained for a few moments motionless in his cell. It seemed to him that the air in the cell had grown suddenly cooler. He went to the door, and looked into the narrow corridor, expecting to see the scowling countenance of the jailer. To his as onishment the door of the prison was wide open, and not a soul in sight.

Hi! Hoho! Hillo there!" roared some-body from the jetty below. "Be that you, Muster Noarth! We ain't too much The voice brought to the prisoner a

wild hope that made his heart bound. He ran back to his cell, clapped on North's wideawake hat, and flinging the cloak about him, came quickly down the "Jump in, sir," said the unsuspecting quickly rowed to the shift. A storm was brewing and the ship was in haste to

ng she was going back to her father. | that had been gathering all evening bur So it was settled that Sylvia, too, upon the schooner with overwhelming

The exercise is easily explained. All

That is all. But when you apply this to

all the muscles of your body you will

find that the effort will make you tired

To illustrate: Begin with your right

Then you gradually relax them

The sea pouring down through the Early on the evening the Lady Frank- burst hatchway tore the door of the lin was to sail North came to bid Dawes cuddy from its hinges. Sylvia found good-by. He bribed the one guard with herself surrounded by a wildly surging

in a very brief time.

her voice was inaudible even to herself. "I-I couldn't," groaned North. I dared expiring lamp showed her Dawes's face. of the travelling cloak North had laid once been held in the misty mysterious

days that were gone. "You love her!" gasped the convict. In the terror of that moment the clou which had so long oppressed her brain lke, happiness and all, and asks no re-turn. I thought you the one good man out her white hands and smiled, and on earth. You have much to answer for Richard Devine understood in his turn the story of the young girl's joyless life

These two human beings felt that they in the very midst and presence of death bodies had already perished, and as they

rushed tremblingly together. At day-dawn on the morning after the storm, the rays of the rising sun fell surface of the water not far from where

the schooner had foundered.

This object was a portion of the mainmast head of the Lady Franklin, and entangled in the rigging were two corpses—as man and a woman. The arms of the man were clasped round the body of the woman, and her head lay on his breast.

(The End.)

GIRL OF EIGHT IN TRADE.

The youngest merchant in this city. Shaving a Delight ind perhaps in the United States, i Miss Corinne Snyder, a tot of eight years, who conducts a successful busi-ness at No. 1223 Fourteenth street, says properties of CUTICURA SOAP render it years, who conducts a successful business at No. 1223 Fourteenth street, says the Denver Post. Mrs. Louisa Johnson vastly superior to all other shaving soaps. No trouble. No delay. Use the street from Corinne's home on Fourtegular Cuticura Medicinal and Tollet street from Corinne's home on Fourtegular Cuticura Medicinal and Tollet Soap. A soft, creamy, emollient lather THE LITTLE PRINCESS. teenth street. It was this little piace Soap. A soft, creamy, emollient lather that the child longed to possess, and as is always certain. After shaving rub Mrs. Johnson was going to retire from a bit of CUTICURA OINTMENT gently Mrs. Johnson was going to retire from a bit of CUTICURA CINTERN. Evg., 8.30. Mats. Thursday and Saturday. over the shaven surface, then wash the gent mamma purchased the store, and Corinne was immediately installed as CUTICURA SOAP. An inexpensive proprietress.

CUTICURA SOAP. An inexpensive iuxury for all who shave, especially stated or the state of the

The young lady was found serving a those with tender, easily irritated or big policeman with fried eggs, pie and humoury skin. Sold throughout the world. The supposed chapiain indeed spoke to no one, and, ringing down the hatchway made for theaterncabins.

He had saved Sylvia, for North had been left behind. Poor North!

The sky to the northward was streaked with a belt of livid green color, above which rows a mighty black cloud, whose shape was ever changing.

The supposed chapiain indeed spoke to coffee. It is to positemen and firemen that Corinne is now catering. Her place and but bearing, her sariler business career the bir, blue-coated city officials learned with a belt of livid green color, above which rows a mighty black cloud, whose shape was ever changing.

The next memory as a proposition of the little out-of-the-way in contract.

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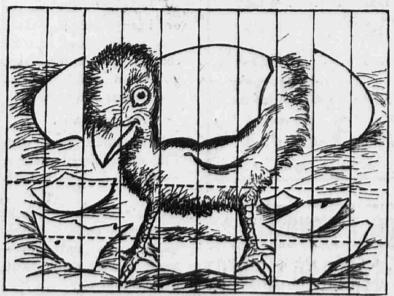
THE GIRL

WITH THE

Robert Marshall's THE UNFORESEEN.

houses of New York.

He's Just Hatched Out!



Can you put him back into the egg? Cut out, fold and try it.

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SEAT SALE TO-MORROW 9 A.M. FOR Seats on single Prices at 50 st.75c. 50c. 55c.

EGG AND RING TRICK. A clever trick may be performed with wineglass half-full of water, an egg.

ring and a playing card.

Lay the card on top of the glass and on the card place a good-sized finger! ring. Now balance the egg, small end upward, by placing it on the ring.

ter a dowry of from \$25,000 to \$250,000 carpenter's tools but no paper in and forget to provide her with a book- A gentleman does not receive be Thus you will have a unique structure. nrm and nicely balanced.

A gentleman does not have a full wine cellar and empty book shelves.

A gentleman does not use eau de colore to the gentleman does not use eau de colore touching either of them.

How are you going to do it? It is the easiest thing in the world, if you do it the right way. All you have to do is to flick the corner of the card with the latest literature when he is acquainted without opening them.

A gentleman does not have a full wine without opening them.

A gentleman does not send to his bookseller for a parcel of books on appropriate and after having read them, return them, saying that none of them sait him.

A gentleman does not before a parcel of books on appropriate and after having read them, return them, saying that none of them sait him.

A gentleman does not before a parcel of books on appropriate and empty book shelves.

A gentleman does not be and after having read them, return them, saying that none of them sait him.

A gentleman does not take a full wine without opening them.

flick the corner of the card with the second finger of your right hand, and if this is done exactly in the direction of this is done exactly in the direction of the level of the card it will fly out and let the ring and egg drop into the glass. egg from breaking.

A similar trick may be performed with a card and a coin balanced on the foreinger of your left hand. The coin must be placed exactly in the centre of the Bears the card, which will be over the tip of your finger, and when you flick the card away the coin will rest on your finger.

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